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ABSTRACT

In spring 2001, 5,654 American Indian high school students attending schools funded by the Bureau of Indian Affairs (BIA) completed the Youth Risk Behavior Survey. The survey examined youth behaviors in the areas of motor vehicle safety, weapons, violence, suicide, current and lifetime tobacco use, current and lifetime drug and alcohol use, substance use on school property, sexuality, nutrition, and physical activity. This report presents the findings by gender and grade (grades 9-12) and compares them with findings from 1997 and 1994 surveys. Students surveyed in 2001 were more likely than students in 1997 and 1994 to wear seat belts, use condoms, attend a physical education class, think they were overweight, and attempt to lose weight. Students surveyed in 2001 were less likely than students in 1997 or 1994 to: ride with a drinking driver; seriously consider suicide; smoke cigarettes; use smokeless tobacco; drink alcohol; use marijuana; use inhalants; or have had sexual intercourse with four or more sex partners. Thirty data tables present findings. (TD)

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2001 Youth Risk Behavior Survey of High School Students Attending Bureau Funded Schools

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This report was prepared by the Bureau of Indian Affairs, Office of Indian Education Programs, with assistance from the Centers of Disease Control, Division of Adolescent School Health.

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Foreword

In Spring of 2001, a Bureau of Indian Affairs (Bureau) wide effort was made to survey all 9th through 12th graders enrolled in Bureau funded schools. As in 1994 and 1997, the survey instrument used was the Youth Risk Behavior Survey (YRBS). The Centers For Disease Control and Prevention(CDC) developed the YRBS and has used it to conduct a national survey every two years since 1991 in over 100 selected public high schools across the country. Although the information is aggregated to provide information about racial/ethnic groups of students, the American Indian group is too small to be statistically reliable. Therefore, this report based on the YRBS conducted solely with our American Indian students can be used as a reliable source of information for schools and communities to assist violence and substance abuse prevention programs. Representatives from each area/agency and individual schools were provided the opportunity to attend YRBS training conducted nationwide to insure uniformity in the survey collection.

Tribal leaders were informed about the YRBS and our planned survey effort through a letter signed by the Assistant Secretary - Indian Affairs and the Director, Office of Indian Education Programs (OIEP). Schools were given information about the YRBS to share with parents. All stake holders including students understood that participation although encouraged was completely voluntary. One hour on one day was selected in the month of April at each of the participating schools to implement the survey. There were no make ups for absences. This survey activity is conducted in order to uniformily assess the risk behaviors that our young people are taking and to better focus prevention programs on identified risk behaviors.

The following report details the 2001 high school survey findings. It is our hope and intent that the information will be used by school administrators, teachers, program coordinators, parents, and school board members to support and justify their prevention efforts. OIEP uses the YRBS as one of five main sources of data collected to determine overall progress of school reform efforts as identified in the state plan submitted to the Department of Education. This report can provide focus for program modifications to better address risk behaviors of students. Ultimately, the survey is a tool which can be used to improve our efforts to protect our students and plan prevention programs as we ***Build Exemplary Schools for Tomorrow***.

William Mehojah, Jr.

Director, Office of Indian Education Programs

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Introduction

The Office of Indian Education Programs (OIEP) is located within the Bureau of Indian Affairs (BIA) in the U. S. Department of the Interior. The BIA/OIEP provides funding for 185 schools located on 63 reservations in 23 states. These schools provide educational programs for over 50,000 students. The health problems experienced by Indian youth are caused by preventable behaviors, such as alcohol abuse and unprotected sexual intercourse. Tobacco use, dietary patterns that cause disease, and physical inactivity, are behaviors established during youth which lead to health and other social problems later in life. The social dysfunction of families, stress, anxiety and the impact on student health, schools, and native communities demand that we provide prevention education and wellness programs to our youth, role models to emulate and encourage them to adopt and maintain healthy behaviors.

Since the first Youth Risk Behavior Survey (YRBS) conducted in 1994, the BIA/OIEP has promoted the following initiatives to address the survey findings:

- conducted six comprehensive school health training
- developed ROPES courses at 17 schools to provide for outdoor adventure based counseling
-
- provided targeted Title IV (Safe and Drug Free Schools and Communities) funding to15 schools
- piloted K-6 HIV/AIDS prevention education with the Circle of Life Curriculum in 12 schools
- required that each Bureau funded school set a goal for the reduction of violence and substance abuse incidents

Since the 1997 YRBS, OIEP has:

- developed and implemented a therapeutic residential school model
- finalized the Circle of Life K-6 HIV/AIDS Curriculum and provided on site training to over 1000 school teachers and staff at 62 schools
- developed a Circle of Life Middle School Curriculum and piloted it in five school

Many of the risk behaviors exhibited by our youth today were not part of Indian life generations ago. Schools take a key role in promoting and teaching youth about native traditions and the importance of attaining and maintaining health of body, mind and spirit. Successful schools such as those identified by the Department of Education, Office of Research and Improvement for national recognition have implemented programs which incorporate several interdependent components such as:

- a healthy school environment
- physical education
- after school or extended day activities
- nutrition and healthy snacks
- school nurse and health services
- comprehensive school health education
- parental involvement
- American Indian language and traditions
- positive behavior management

The most effective health education emphasizes behavior change and risk avoidance. Behaviors are learned and behaviors become habits. Learned healthy behaviors developed at a young age which are supported at home and promoted at school become healthy habits for a lifetime and is the best protection we can provide our youth against the six risk behaviors identified in this report.

All Bureau funded schools provide students with prevention education programs and activities which are included in each school's Consolidated School Reform Plan and submitted to OIEP for approval and funding. We encourage all Bureau funded schools to implement a planned, sequential, K-12 instructional program which integrates health education about risk behaviors along with teaching risk avoidance skills.

Intervention programs and activities employed within a culturally appropriate framework are essential to assisting our youth to break the habits and the cycle of risk taking behaviors.

This report summarizes the results of the 2001 BIA/OIEP YRBS which was completed in the spring of 2001 by 5,654 BIA high school students. Sixty-six out of a possible 75 Bureau schools with grades 9-12 participated. This represents a 66% student response rate and a 92% school response rate. A weighting factor was applied to each student record to adjust for students who did not complete the survey. Weighting is a statistical procedure used so that the results reflect the likelihood of sampling each student and to reduce bias by adjusting for students who did not complete a questionnaire. Because of this weighting procedure, the results presented in this 2001 report can be generalized to all Bureau high school students in schools with at least ten students in grades 9-12.

The overall response rate was 61% which is a decrease from both the 1997 YRBS response rate at 68% and the 1994 YRBS response rate at 65%. A weighting factor was also applied to each student report in both the 1997 and 1994 surveys to adjust for non-response and obtain statistically reliable data..

This report is designed to stimulate useful data driven discussions among educators, parents, and youth in BIA funded schools about more effective ways to focus local programs and activities used to address risk behaviors. Individual school data and this report could combine to provide important statistical reliable information to support or show need in grant writing or other funding opportunities which address health issues and prevention efforts for American Indian youth and communities.

Description of the Survey and Survey Administration

The 2001 High School YRBS is an 87 item questionnaire that assesses the prevalence of six categories of behavior that contribute substantially to the leading causes of death, illness, and social problems among youth and adults in the United States.

The six priority risk behaviors assessed by the YRBS are: (1) intentional and unintentional injuries; (2) tobacco use; (3) alcohol and other drug use; (4) sexual behaviors that contribute to unintended pregnancy and sexual transmitted disease, including HIV infection; (5) dietary behaviors; and (6) physical activity.

The YRBS is self-administered. It is given to students once on a pre-arranged day during a regular class period. The survey takes approximately 40 minutes to complete. Each participating school determines the one-day and one class period assigned for the survey. Students record their answers directly on a booklet that is later scanned by a computer. The survey procedures are designed to protect

students' privacy. Students are told their participation is voluntary. Students taking the survey are instructed to leave no identifying markings on the booklet such as their name or student identification number.

Unintentional Injury

Seat Belt Use

Seat belt use is estimated to reduce motor vehicle fatalities nationally by 40% to 50% and serious injuries by 45% to 55%. Increasing the use of seat belts from the current 68% nationally to 85% could save an estimated 10,000 lives per year.

- Overall, 27% of the students report rarely or never used seat belts when riding in a car or truck driven by someone else. This reflects a 10% decrease from the 1997 survey when students reported at 37% and 13% decrease from the first YRBS in 1994.

- The percent of students by grades who report never or rarely wore seat belts decreases from grade 9 at 31% to grade 12 at 24%.

- Overall, males reported less seat belt usage. Males reported 32% rarely or never using seat belt and females reported 22%.

In 1997, males reported 42% rarely or never used seat belts with females reported at 32%.

Motorcycle and Bicycle Safety

Head injury is the leading cause of death in motorcycle and bicycle crashes nationally. Unhelmeted motorcyclists are two times more likely to incur a fatal head injury that helmeted riders. Unhelmeted bicyclists increase their risk of head injury six times more than helmeted riders.

Among students who rode a motorcycle during the 12 months preceding the survey, 68% rarely or never wore a helmet. Among students who rode a bicycle during the 12 months preceding the survey, 92% rarely or never wore helmets.

These findings reflect an increase in helmet usage than in 1997 when 72% of high school students surveyed reported rarely or never wore a helmet while riding a motorcycle and 94% rarely or never wore a helmet while riding a bicycle.

Motor Vehicle Safety

According to the *Traffic Safety Facts 2000* developed by the National Highway Traffic Safety Administration, the leading cause of death among youth ages 15-24 is motor vehicle crashes. Thirty-five percent of these crashes are alcohol related. Twenty-one percent of these alcohol related crashes are fatal for this age group.

During the thirty days preceding the survey, students reported:

- 43% rode in a car or other vehicle with a driver who had been drinking alcohol.

- 20% drove a car or other vehicle after drinking alcohol. Significantly more males at 23% than females at 16% reported this risk behavior.

This data reflects a significant decrease from the 1997 report when 48% of students reported riding in a car with a driver who had been drinking. However, reporting to drive a car or other vehicle after drinking alcohol is virtually unchanged. The 1997 data on this activity was reported at 21%.

Intentional Injury

Carrying a Weapon

Homicide is the second leading cause of death among youth ages 15-24 nationally. According to the National Center for Injury Prevention and Control the risk of dying from a firearms injury for teenagers has more than doubled since 1994. According to the Indian Health Services (IHS) homicide is the third leading cause of death for this age group.

- 20% of students reported carrying a weapon to school during the past month.

This behavior was significantly higher for males at 30% than females at 10%.

- 8% of students reported carrying a gun to school during the past thirty days. This reflects a decrease from the 1997 survey, which reported 13.5% of students carrying a gun to school.

- Weapon carrying decreased each year from 9th grade (22%) to 12th (16%).

Physical Fighting

The 2001 survey continues to report students engaged in physical fighting at 44% as in the 1997 survey. However, the 1994 survey reported physical fighting at 50%.

- Significantly more males at 50% than females at 39% report being involved in a physical fight, which remains unchanged from the 1997 survey.
- The highest percentage of reported physical fighting occurs in 9th grade at 49.5% and decreased through the grades with 12th graders reporting this behavior at 38%.
- Overall, 9% of students were injured in a physical fight. Males reported injury at 11% and females at 6.5%.

Suicide

Suicide is the third leading cause of death among youth ages 10-24 nationally and the second leading cause of death for American Indian youth ages 15-24 according to the National Center for Health Statistics.

- 19% of students reported seriously considering to attempt suicide during the past 12 months. This continues to reflect a decrease as the 1997 survey reported 22% and the 1994 survey reported at 29%.
- Females continue to report seriously considering suicide at a higher percentage (25%) than males (14%). This remains consistent with the 1997 and 1994 surveys. In 1997, females reported seriously considering suicide at 28% and males at 15.5%.

In 1994, the percentages were 36% for females and 28% for males.

- 16% of students reported to have made a suicide plan.
- 16% have attempted suicide, which is a slight increase from the 1997 report at 15% but still lower than the 1994 survey at 20%.
- 6% of students were injured and required medical attention following an attempted suicide. This remains unchanged from both the 1997 and 1994 surveys.
- 32% of students reported to feeling sad or hopeless almost every day for two or more weeks in a row during the past 12 months. Females report this at 40%, which is significantly higher than males at 24%.

Violence on School Property

According to the Improving America's Schools Act of 1994, three million thefts or crimes occur each year nationally on or near school property. There are a reported 16,000 incidents of violence occurring on school property each school day. A 2001 Federal Bureau of Investigations report states that nationwide every hour someone commits a hate crime. Gang activity accounts for some of the reported violence. Across Indian country, tribal police have identified 180 gangs in operation.

- Overall, 13% of students did not go to school on at least one day in the month preceding the survey because they felt it was unsafe.
- Feeling unsafe was reported significantly more by 9th graders (16%) than 12th graders (8%.)
- 10% of students report being physically threatened or injured with a weapon while on school property during the thirty days preceding the survey.

Tobacco Use

Tobacco use is the chief preventable cause of death nationwide. One million teenagers begin smoking each year and 3,000 begin smoking each day. Ninety percent of smokers begin before the age of 21 and 50% begin before the age of 14. The 1997 YRBS for Bureau high school student's report 11% smoked their first cigarette by age 8.

- 88% of students report to have ever tried cigarette smoking. This is a decrease from the 1997 survey, which reported 93% to have ever tried cigarette smoking.
- 34% of students report to smoke cigarettes everyday.
- 3% of students report smoking 10 or more cigarettes per day.
- 57% of students report smoking cigarettes on one or more of the 30 days preceding the survey. This reflects a decrease from 1997 when 64% reported to have smoked a cigarette on one or more days preceding the survey.
- 67% of current student smokers have tried to quit within the thirty days preceding the survey. In 1997, 65% reported have tried to quit and in 1994, 46% report having tried to quit.

- 20% of students report using smokeless tobacco. Males report this activity at 26% and females at 14.5%.

- Cigar use is reported by 19% of students. Males at 25% and females at 12%.

Alcohol Use

Alcohol is a major contributor to all homicides, suicides and motor vehicle crashes. The National Highway Safety Administration reports that 35% of all motor vehicle fatalities for youth nationwide are alcohol related.

- 81% of students report ever having a drink of alcohol. The 1997 reported 85% ever having a drink of alcohol.

- 49% of students report current use of alcohol within thirty days of the survey.

In 1997, 53% students reported this activity.

- 38% of students report that within 30 days preceding the survey he/she participated in episodic heavy drinking which is described as having five or more alcohol drinks in a row. In 1997, heavy episodic drinking was reported at 43%.

Other Drug Use

Documented drug use in America is greater among high school students and young adults than in any other country worldwide. Drug use (which includes alcohol) contributes to poor academic achievement, delinquency, unwanted pregnancy and the transmission of sexually transmitted diseases including HIV/AIDS which is the 9th leading cause of death nationally for ages 15-24 according to the National Center for Health Statistics.

- 50% of students report current marijuana use within the 30 days preceding the survey, which remains unchanged from the 1997 survey.

- 77% of students report ever to have tried marijuana. In 1997 lifetime marijuana use was reported at 78%. In 1994, 68% of students reported to have ever tried marijuana.

- 21% of students report to have ever used cocaine.

- During the 30 days preceding the survey, 10% report to have used cocaine.

This remains unchanged from1997 data. In 1994, 6% reported to have used cocaine in the past 30 days.

- 5% of students report to have used an inhalant in the thirty days preceding the survey.
- 19.5% of students report to have ever tried an inhalant. This reflects a significant decrease from both the 1997 report at 30% and 1994 when students reported this activity at 36%.
- Lifetime illegal steroid use was reported at 7% remaining unchanged from the 1997 report. In 1994, having ever tried illegal steroids was reported at 4%.
- Injected drug use was reported at 4%. This data is not available from the 1997 or 1994 surveys
- 6% of students report to have ever tried heroin (smack, junk or China White).

This data is not available from the 1997 or 1994 surveys.

- 20% of students report to have ever tried methamphetamines (speed, crystal, crank or ice). This data is not available from the 1997 or 1994 surveys.

Drug Use on School Property

Within the 30 days preceding the survey, 9th through 12th grade students reported that while they were on school property:

- 32% smoked cigarettes
- 15% used smokeless tobacco
- 12% drank alcohol
- 25% smoked marijuana

Additionally, within 12 months preceding the survey, 29% of the high school students reported that while on school property they were offered, sold, or given an illegal drug. Males reported drug use on school property at higher percentages in all categories except alcohol (13% female and 11.9% male).

Sexual Behavior

Early sexual activity is associated with unwanted pregnancy, sexually transmitted diseases, including HIV infection, as well as having negative effects on social and psychological development. Among American Indians, 45% of mothers have their first child before the age of 20.

- 59% of students report ever having sexual intercourse. This is a significant decrease from the 1997 report of 63%.
- Reporting ever having sexual intercourse increases by grade level with significantly more 12th graders reporting this activity at 75%, 11th graders at 66%, 10th graders at 56% and 9th graders at 47%.
- 24% report having four or more partners during their lifetime. Significantly more males report four or more sexual partners (33%) than females (15%) as well as ever having sexual intercourse (66% males and 52% females).
- 39% report to be currently sexually active or having sexual intercourse within 3 months preceding the survey.
- Among the sexually active students, 56% report condom use.
- Among the sexually active students, 8% report that they or their partner use birth control pills.
- Among the sexually active students, 39% report drinking alcohol or using drugs before having sexual intercourse.
- 9% of students were ever pregnant or had gotten someone pregnant.

HIV/AIDS Education

The Indian Health Service documented 2 cases of AIDS in 1983. In 1993, there were 348 documented cases of AIDS among American Indians, which increased to 1,783 in 1997. The Centers for Disease Control and Prevention reports as of December 2000 there were 2,234 cases AIDS among American Indians. HIV/AIDS is very much a growing concern and health issue across Indian country.

Since the 1997 YRBS, OIEP has developed, published and provided on site school training in the Circle of Life HIV/AIDS K-6 Curriculum. OIEP is currently piloting an expansion of this curriculum in five Bureau schools to include the middle school grades. Over 5000 teachers and school staff have received Circle of Life HIV/AIDS

Prevention training representing 61 Bureau funded schools. Additionally, in Spring of 2001 OIEP designated a position and selected an HIV/AIDS Prevention Coordinator.

- 78% of student's report that they were ever taught about HIV/AIDS in school.

Dietary Behaviors

Overweight children tend to become overweight adults. Chronic health conditions such as diabetes, heart disease and high blood pressure can stem from being overweight. Adolescents who are overweight can additionally suffer from social and psychological stress related to their body shape. Overweight adolescents are at a greater risk for depression, demonstrating poor academic performance as well as having problems with relationships. An emphasis on being thin with this age group can lead to eating disorders including anorexia and bulimia, particularly among females.

- 36% of students thought of themselves as overweight. Significantly more females (43%) than males (29%) reported this view. This data remains basically unchanged from the 1997 survey reporting 35% of students thinking they were overweight.

- 50% of students reported they were attempting to lose weight. Again, females were significantly higher reporting 61% compared to males at 38%.

- 64% reported within 30 days preceding the survey to exercising to lose weight or avoid gaining weight.

- Seven days preceding the survey, 30% of students report they ate five or more servings of fruits and vegetables per day. In 1997, 37% reported to have eaten five or more servings of fruits and vegetables within seven days of the survey.

- 19% reported drinking three or more glasses of milk within seven days preceding the survey. Significantly more males report drinking three of more glasses of milk at 25% than females at 13%.

- During the 30 days preceding the survey, 22% of students report fasting to lose weight.

- During the 30 days preceding the survey, 9% reported taking diet pills, powders or liquids to lose weight.

- 7% of students vomited or took laxatives to lose weight or avoid gaining weight.

Physical Activity

Engaging in physical activity on a regular basis has been proven to increase both life expectancy and better overall health. Additionally, physical activity is associated with good mental health and self esteem. Regular physical activity assists in the prevention and or management of heart disease, which is the fifth leading cause of death among American Indians, ages 5-34.

- 62% of students participate in vigorous physical activity for at least 20 minutes on three or more of the seven days preceding the survey. This reflects an increase from the 1997 survey at 57% and a return to the 1994 data reporting 62%.
- 23% report participating in moderate physical activity that does not cause sweating or hard breathing for at least 30 minutes on five or more of the seven days.
- 50% attend a physical education class at least one day per week.
- 35% attend a physical education class daily.
- 62% of students participate on a school or community sports team, which is a significant increase from the 1997 survey reporting 53%.

Ages of Initiation

The age of 13 was selected to determine ages of initiation as it more likely corresponded to high school student ages.

- Before age 13, 43% of students had smoked a whole cigarette.
- Before age 13, 34% of students had their first drink of alcohol.
- Before age 13, 11% of students had sexual intercourse.
- Before age 13, 34% of students had tried marijuana.

Summary and Conclusions

Attitudes and behaviors developed in adolescence have health consequences that continue into adulthood. The data presented in this report provides evidence for the continued need of prevention education and intervention strategies and

programs in order to address the current behaviors which put them at risk for future health and social problems.

Students surveyed in 2001 *were more likely* than students surveyed in 1997 and 1994 to report wearing seat belts, condoms, being enrolled in a physical education class and thinking they were overweight. Students in 2001 were also *more likely* to report attempting to lose weight than in 1997.

Students surveyed in 2001 *were less likely* than students in 1997 or 1994 to:

- ride with a drinking driver
- seriously consider suicide
- try cigarettes, smoke on 20 or more days
- during the past month
- use smokeless tobacco
- drink alcohol in the past month and engage in episodic drinking
- use marijuana
- use inhalants
- have sexual intercourse, having four or more sex partners

Male students *were significantly more likely* than female students to:

- rarely or never wear seatbelts
- drink alcohol
- drive after drinking
- carry a weapon and/or gun on or off school property
- be in a physical fight and be injured in a fight on or off school property
- be threatened or injured with a weapon on school property
- smoke more than 10 cigarettes a day

- smoke cigars
- use smokeless tobacco
- use marijuana
- ever have sexual intercourse, be currently sexually active and report having four or more sexual partners
- have sexual intercourse before
- use a condom
- use alcohol or drugs at last sexual intercourse
- be overweight
- drink 3 or more glasses of milk daily
- participate in vigorous and moderate physical activity
- be enrolled in PE
- play on a sports team

Female students *were significantly more likely* than male students to:

- ever be forced to have sexual intercourse
- seriously consider suicide
- attempt suicide
- try to quit smoking
- attempt weight loss and fasting to lose weight
- take diet pills and laxatives to lose or avoid gaining weight

The following pages provide graphic descriptions of each area of risk behavior measured by the survey for 2001 as well as 1994 and 1997. Comparison by grades 9-12 as well as male and female are provided. An overall one page summary of the 1994, 1997 and 2001 survey(s) is included at the end of this report.

Results from the 1994, 1997, and 2001 BIA/High School Youth Risk Behavior Survey

	1994	1997	2001
UNINTENTIONAL INJURY AND VIOLENCE			
Rarely or never wore seat belts[1, *, +]	41%	37%	27%
Drove after drinking alcohol during past month	20%	21%	20%
Rode with a drinking driver during past month*	50%	48%	43%
Carried a weapon (e.g., gun, knife, or club) during past month*, +	26%	25%	20%
Were in a physical fight during past year*	51%	44%	44%
Seriously considered attempting suicide during past year*	29%	22%	19%
Attempted suicide during past year	20%	15%	16%
TOBACCO USE			
Ever tried cigarettes+	90%	93%	88%
Smoked cigarettes during past month*, +	64%	64%	56%
Smoked cigarettes on 20 or more days during past month*	31%	31%	24%
Used smokeless tobacco during past month*	32%	23%	20%
ALCOHOL AND OTHER DRUG USE			
Drank alcohol during past month	53%	54%	49%
Reported episodic heavy drinking during past month[2]	42%	43%	38%
Used marijuana during past month	44%	52%	50%
Ever used cocaine[3, *]	15%	22%	21%
Ever sniffed or inhaled intoxicating substances[4, *, +]	36%	29%	20%
Ever injected illegal drugs[5]	NA	NA	4%
SEXUAL BEHAVIORS			
Ever had sexual intercourse*	67%	63%	59%
Had sexual intercourse during past 3 months	43%	40%	39%
Had 4 or more sex partners during lifetime	29%	25%	24%
Used a condom during last sexual intercourse[6, *]	48%	52%	56%
DIETARY BEHAVIORS			
Overweight[7]	NA	NA	18%
Thought they were overweight*	41%	35%	36%
Were attempting weight loss	NA	48%	49%
Took laxatives or vomited to lose or maintain weight during past month	8%	8%	7%
Ate 5 or more servings of fruits and vegetables per day during past week	NA	NA	30%
Drank 3 or more glasses of milk per day during past week	NA	NA	19%
PHYSICAL ACTIVITY			
Were enrolled in physical education class	47%	46%	50%
Participated in vigorous physical activity[8, +]	62%	57%	62%
Participated in moderate physical activity[9]	NA	NA	23%
Watched television 3 hours or more on school days	NA	NA	39%

[1] When riding in a car driven by someone else.
[2] Drank 5 or more drinks of alcohol on 1 or more occasions.
[3] Ever tried any form of cocaine (e.g., powder, "crack," or "freebase").
[4] Ever sniffed glue or breathed the contents of aerosol spray cans or inhaled any paints or sprays to become intoxicated.
[5] Students were classified as injecting drug-users if they reported injecting drug-use not prescribed by a physician and

reported using cocaine, heroin, methamphetamines or steroids without a doctor's prescription.
[6] Among students who had sexual intercourse during the past 3 months.
[7] Students who were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.
[8] Activities that caused sweating and hard breathing for at least 20 minutes on 3 or more of the 7 days preceding the survey.
[9] Activities that did not cause sweating or hard breathing for at least 30 minutes on 5 or more of the 7 days preceding the survey.

* Statistically significant difference between 1994 and 2001.
+ Statistically significant difference between 1997 and 2001.

Table 1. Percentage of high school students who engaged in unintentional injury risk behaviors, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Rarely or never wore seat belts[1,*]	27.3 (23.5-31.2)[2]	21.8 (18.2-25.4)	32.9 (28.6-37.3)	30.9 (26.5-35.4)	26.8 (21.8-31.7)	25.4 (21.3-29.6)	24.4 (19.5-29.2)
Rarely or never wore motorcycle helmets[3]	67.7 (63.1-72.3)	65.1 (58.4-71.8)	68.7 (64.4-73.1)	64.7 (59.2-70.1)	67.3 (60.7-73.9)	68.1 (61.8-74.5)	74.0 (66.4-81.6)
Rarely or never wore bicycle helmets[4]	92.3 (91.0-93.6)	90.9 (88.8-92.9)	93.6 (92.5-94.8)	92.0 (90.0-94.0)	92.8 (90.7-94.9)	91.6 (89.1-94.2)	93.1 (90.2-95.9)
Rode with a driver who had been drinking alcohol[5]	42.5 (39.6-45.5)	40.6 (37.0-44.3)	44.4 (41.4-47.4)	42.2 (39.2-45.2)	43.3 (39.7-47.0)	41.1 (36.7-45.4)	44.0 (38.7-49.4)
Drove after drinking alcohol[5,*]	19.8 (17.7-21.9)	16.4 (14.0-18.8)	23.2 (20.8-25.7)	17.4 (14.9-19.9)	19.5 (17.3-21.7)	19.7 (16.6-22.7)	24.2 (19.9-28.6)

[1] When riding in a car driven by someone else.

[2] 95% confidence interval.

[3] Among students who rode motorcycles during the 12 months preceding the survey.

[4] Among students who rode bicycles during the 12 months preceding the survey.

[5] One or more times during the 30 days preceding the survey.

[*] Statistically significant difference between females and males.

Table 2. Percentage of high school students who engaged in violence-related risk behaviors, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Carried a weapon[1, a]	19.8 (17.5-22.2)[2]	10.3 (8.5-12.1)	29.7 (25.8-33.6)	22.1 (18.8-25.4)	20.0 (16.5-23.5)	18.6 (15.7-21.5)	16.4 (13.0-19.8)
Carried a gun[3, a]	8.4 (7.3-9.5)	3.1 (2.3-3.9)	13.9 (12.0-15.8)	8.6 (7.3-10.0)	9.0 (7.1-11.0)	8.2 (6.4-10.0)	7.0 (5.2-8.8)
In a physical fight[4, a, b, c]	44.3 (42.3-46.4)	38.8 (35.9-41.6)	50.0 (47.1-52.8)	49.5 (46.2-52.8)	44.1 (41.1-47.2)	40.9 (37.5-44.2)	38.4 (34.0-42.7)
Injured in a physical fight[5, a]	8.6 (7.7-9.5)	6.5 (5.5-7.4)	10.7 (9.2-12.1)	8.2 (6.8-9.7)	8.8 (7.3-10.3)	9.5 (7.5-11.5)	7.2 (5.8-8.6)
Physically hurt by a boyfriend or girlfriend on purpose[6]	9.6 (8.5-10.6)	10.3 (9.1-11.5)	8.7 (7.3-10.1)	8.2 (6.5-9.9)	8.5 (7.1-9.9)	11.4 (9.5-13.2)	11.3 (9.1-13.5)
Ever physically forced to have sexual intercourse[a]	9.2 (8.1-10.3)	11.8 (10.4-13.3)	6.5 (5.3-7.8)	9.2 (7.7-10.7)	8.3 (6.8-9.8)	9.5 (7.6-11.3)	9.7 (7.8-11.7)

[1] Such as a gun, knife, or club on 1 or more of the 30 days preceding the survey.

[2] 95% confidence interval.

[3] On 1 or more of the 30 days preceding the survey.

[4] One or more times during the 12 months preceding the survey.

[5] Seriously enough to be treated by a doctor or nurse 1 or more times during the 12 months preceding the survey.

[6] Ever hit, slapped, or physically hurt by a boyfriend or girlfriend during the 12 months preceding the survey.

[a] Statistically significant difference between females and males.

[b] Statistically significant difference between students in grade 9 and grade 11.

[c] Statistically significant difference between students in grade 9 and grade 12.

Table 3. Percentage of high school students who felt sad or hopeless, who seriously considered attempting suicide, who made a suicide plan, and who attempted suicide, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Felt sad or hopeless[1, 2, a]	31.9 (30.0-33.9)[3]	40.3 (38.3-42.3)	23.7 (21.7-25.7)	33.5 (30.6-36.3)	30.7 (28.1-33.3)	33.0 (30.3-35.8)	29.5 (26.1-32.9)
Seriously considered attempting suicide[2, a]	19.2 (17.8-20.6)	24.8 (22.7-26.9)	13.6 (12.1-15.0)	18.7 (17.0-20.5)	20.7 (18.2-23.1)	19.8 (16.9-22.8)	17.1 (14.1-20.2)
Made a suicide plan[2, a]	16.4 (15.0-17.8)	20.5 (18.5-22.5)	12.3 (10.9-13.6)	16.8 (14.3-19.3)	15.9 (14.2-17.7)	17.5 (14.7-20.3)	14.5 (11.6-17.3)
Attempted suicide[2, 4, a, b]	16.0 (14.2-17.8)	19.3 (17.2-21.3)	12.2 (10.0-14.4)	17.6 (15.4-19.8)	16.1 (13.1-19.0)	16.7 (13.9-19.6)	11.6 (9.0-14.2)
Suicide attempt required medical attention[2]	6.0 (5.2-6.8)	6.5 (5.3-7.8)	5.4 (4.3-6.5)	6.6 (5.2-8.0)	5.8 (4.4-7.2)	5.9 (4.8-7.0)	4.8 (3.2-6.4)

[1] Almost every day for 2 or more weeks in a row.

[2] During the 12 months preceding the survey.

[3] 95% confidence interval.

[4] One or more times.

[a] Statistically significant difference between females and males.

[b] Statistically significant difference between students in grade 9 and grade 12.

Table 4. Percentage of high school students who engaged in violence and in behaviors resulting from violence on school property, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Felt too unsafe to go to school[1, a]	12.8 (10.6-15.1)[2]	14.1 (11.0-17.1)	11.6 (9.8-13.4)	15.7 (12.7-18.7)	12.8 (10.1-15.4)	11.9 (9.5-14.2)	8.4 (5.8-11.0)
Carried a weapon on school property[1,3, b]	8.1 (6.9-9.4)	4.6 (3.4-5.8)	11.8 (9.8-13.8)	8.1 (6.4-9.8)	8.0 (6.0-10.0)	8.4 (6.5-10.3)	7.9 (5.9-9.9)
Threatened or injured with a weapon on school property[4, b]	10.1 (9.0-11.3)	7.2 (6.1-8.3)	13.0 (11.2-14.8)	10.8 (8.9-12.7)	9.9 (8.0-11.9)	9.8 (7.8-11.9)	8.8 (6.9-10.7)
Engaged in a physical fight on school property[4, a, b, c, d]	20.4 (18.5-22.4)	17.0 (15.0-18.9)	24.0 (21.2-26.8)	25.9 (23.0-28.7)	21.5 (18.8-24.1)	16.4 (14.0-18.8)	12.9 (9.6-16.1)

[1] On 1 or more of the 30 days preceding the survey.

[2] 95% confidence interval.

[3] Such as a gun, knife, or club.

[4] One or more times during the 12 months preceding the survey.

[a] Statistically significant difference between students in grade 9 and grade 12.

[b] Statistically significant difference between females and males.

[c] Statistically significant difference between students in grade 9 and grade 11.

[d] Statistically significant difference between students in grade 10 and grade 12.

Table 5. Percentage of high school students who used tobacco, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Lifetime cigarette use[1, a]	87.7 (85.9-89.4)[2]	89.2 (87.2-91.1)	86.1 (83.9-88.3)	84.9 (82.2-87.6)	88.7 (86.4-91.0)	88.1 (85.7-90.5)	90.4 (88.1-92.7)
Lifetime daily cigarette use[3, a, b]	34.0 (31.3-36.8)	36.3 (32.5-40.2)	31.7 (29.3-34.1)	29.9 (26.4-33.4)	33.0 (29.8-36.2)	36.3 (32.9-39.8)	40.8 (36.3-45.4)
Current cigarette use[4, a]	56.5 (52.9-60.1)	56.7 (52.4-60.9)	56.3 (52.5-60.2)	52.7 (48.1-57.4)	54.9 (50.5-59.2)	58.5 (54.6-62.4)	63.5 (59.0-68.0)
Current frequent cigarette use[5]	24.4 (21.7-27.2)	23.3 (19.6-27.0)	25.5 (22.9-28.2)	21.8 (18.8-24.8)	23.5 (20.1-27.0)	25.7 (22.0-29.5)	28.9 (24.7-33.1)
Smoked more than 10 cigarettes per day[6, c]	2.8 (2.4-3.3)	1.6 (1.1-2.1)	4.2 (3.4-4.9)	2.4 (1.6-3.2)	2.7 (1.9-3.6)	3.0 (1.7-4.2)	3.5 (2.4-4.6)
Tried to quit smoking cigarettes[7, c]	67.4 (65.0-69.7)	70.8 (68.0-73.6)	63.5 (60.5-66.4)	67.2 (63.2-71.1)	68.0 (64.1-71.9)	69.6 (65.4-73.8)	64.3 (59.3-69.4)

[1] Ever tried cigarette smoking, even one or two puffs.
[2] 95% confidence interval.
[3] Ever smoked 1 or more cigarettes every day for 30 days.
[4] Smoked cigarettes on 1 or more of the 30 days preceding the survey.
[5] Smoked cigarettes on 20 or more of the 30 days preceding the survey.
[6] Smoked more than 10 cigarettes per day on the days smoked during the 30 days preceding the survey.
[7] Among current smokers, tried to quite smoking during the 12 months preceding the survey.
[a] Statistically significant difference between students in grade 9 and grade 12.
[b] Statistically significant difference between students in grade 10 and grade 12.
[c] Statistically significant difference between females and males.

Table 6. Percentage of high school students who engaged in other tobacco-related risk behaviors, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Current smokeless tobacco use[1, a]	20.2 (16.2-24.2)[2]	14.5 (9.9-19.1)	26.1 (21.0-31.2)	20.1 (15.7-24.5)	22.1 (16.8-27.5)	19.6 (15.5-23.7)	18.7 (13.7-23.8)
Current cigar use[3, a]	18.9 (16.7-21.2)	12.4 (10.6-14.3)	25.4 (22.4-28.3)	17.7 (14.7-20.7)	18.1 (15.0-21.2)	20.3 (16.5-24.0)	20.3 (17.1-23.4)
Current tobacco use[4]	61.3 (57.3-65.3)	59.5 (54.9-64.2)	63.2 (58.8-67.6)	57.3 (52.4-62.2)	60.1 (55.0-65.1)	64.0 (60.0-68.0)	67.4 (62.1-72.8)
Usually purchased their own cigarettes at a store or gas station[5, a, b]	10.8 (8.5-13.2)	6.4 (4.5-8.4)	15.5 (12.1-18.9)	7.7 (5.5-9.8)	10.9 (7.1-14.7)	15.4 (11.1-19.6)	13.4 (7.6-19.2)
Were not asked to show proof of age when purchasing cigarettes[6, c]	67.6 (57.7-77.5)	71.7 (60.7-82.6)	65.6 (54.1-77.0)	79.7 (69.7-89.6)	72.2 (56.3-88.2)	58.2 (41.5-74.9)	48.5 (29.1-67.9)

[1] Used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey.

[2] 95% confidence interval.

[3] Smoked cigars, cigarillos, or little cigars on 1 or more of the 30 days preceding the survey.

[4] Smoked cigarettes or cigars or used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey.

[5] Among current smokers under age 18 years, during the 30 days preceding the survey.

[6] Among current smokers under age 18 years, who usually obtained their own cigarettes by purchasing them at a store or gas station during the 30 days preceding the survey.

[a] Statistically significant difference between females and males.

[b] Statistically significant difference between students in grade 9 and grade 11.

[c] Statistically significant difference between students in grade 9 and grade 12.

Table 7. Percentage of high school students who used alcohol or marijuana, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Lifetime alcohol use[1, a, b]	80.7 (77.9-83.5)[2]	82.9 (79.5-86.3)	78.3 (75.3-81.4)	75.0 (70.7-79.2)	80.5 (76.9-84.0)	84.4 (81.1-87.8)	86.9 (83.9-89.8)
Current alcohol use[3]	48.8 (46.1-51.6)	46.8 (43.7-49.9)	50.9 (47.4-54.4)	45.4 (42.0-48.8)	48.1 (44.5-51.8)	51.5 (47.0-56.0)	52.8 (48.1-57.4)
Episodic heavy drinking[4]	38.4 (35.9-41.0)	36.6 (33.5-39.7)	40.3 (37.0-43.7)	36.0 (32.9-39.0)	39.0 (35.5-42.6)	39.1 (34.6-43.5)	41.7 (37.1-46.4)
Lifetime marijuana use[5]	77.0 (72.5-81.6)	77.2 (71.5-82.8)	76.8 (73.0-80.6)	73.6 (67.7-79.6)	75.7 (69.8-81.7)	79.5 (74.8-84.2)	81.8 (78.1-85.4)
Current marijuana use[6]	49.7 (45.7-53.7)	47.7 (42.6-52.7)	51.6 (48.0-55.1)	51.5 (46.3-56.6)	49.2 (43.2-55.3)	50.0 (44.9-55.2)	46.4 (41.0-51.7)

[1] Ever had 1 or more drinks of alcohol.

[2] 95% confidence interval.

[3] Drank alcohol on 1 or more of the 30 days preceding the survey.

[4] Drank 5 or more drinks of alcohol on 1 or more occasions on 1 or more of the 30 days preceding the survey.

[5] Ever used marijuana.

[6] Used marijuana 1 or more times during the 30 days preceding the survey.

[a] Statistically significant difference between students in grade 9 and grade 11.

[b] Statistically significant difference between students in grade 9 and grade 12.

Table 8: Percentage of high school students who used other drugs, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Lifetime cocaine use[1, *]	21.3 (18.3-24.4)[2]	21.6 (18.0-25.2)	21.1 (18.0-24.2)	18.2 (14.8-21.5)	20.2 (16.5-23.9)	23.3 (19.1-27.5)	26.5 (22.8-30.3)
Current cocaine use[3]	10.0 (8.2-11.8)	9.7 (7.4-12.0)	10.4 (8.5-12.2)	10.0 (7.7-12.3)	9.5 (7.5-11.6)	10.4 (7.7-13.1)	10.5 (8.1-12.9)
Lifetime inhalant use[4]	19.5 (17.4-21.6)	20.7 (17.7-23.7)	18.2 (16.5-20.0)	20.3 (17.4-23.2)	19.1 (16.2-22.1)	19.4 (16.5-22.2)	18.8 (15.4-22.3)
Current inhalant use[5, *]	5.0 (4.3-5.7)	4.9 (3.9-5.9)	5.1 (4.3-5.9)	6.3 (5.2-7.3)	4.7 (3.4-6.1)	4.4 (3.4-5.4)	3.5 (2.1-4.9)
Lifetime heroin use[6]	5.7 (4.9-6.5)	4.9 (3.8-5.9)	6.5 (5.4-7.7)	5.7 (4.3-7.1)	6.0 (4.8-7.1)	5.4 (4.1-6.7)	5.6 (4.0-7.2)
Lifetime methamphetamine use[7, *]	20.2 (17.3-23.2)	21.4 (17.8-25.0)	19.0 (16.1-21.9)	18.0 (14.8-21.1)	19.7 (16.0-23.5)	19.6 (16.0-23.2)	25.4 (21.2-29.6)
Lifetime illegal steroid use[8]	7.1 (6.4-7.8)	6.5 (5.6-7.3)	7.7 (6.8-8.7)	7.2 (6.1-8.4)	7.4 (5.5-9.3)	7.0 (5.7-8.3)	6.0 (4.3-7.7)
Lifetime injecting illegal drug use[9]	4.3 (3.4-5.1)	4.0 (2.8-5.2)	4.5 (3.7-5.4)	4.1 (2.7-5.4)	4.5 (3.4-5.6)	4.7 (3.4-6.0)	3.9 (2.7-5.1)

[1] Ever tried any form of cocaine, including powder, "crack," or "freebase."

[2] 95% confidence interval.

[3] Used cocaine 1 or more times during the 30 days preceding the survey.

[4] Ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to become intoxicated.

[5] Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to become intoxicated 1 or more times during the 30 days preceding the survey.

[6] Ever used heroin (also called "smack," "junk," or "China White").

[7] Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice").

[8] Ever used illegal steroids.

[9] Ever injected illegal drugs. Students were classified as injecting drug-users if they reported injecting drug-use not prescribed by a physician and reported using cocaine, heroin, methamphetamines, or steroids without a doctor's prescription.

[*] Statistically significant difference between students in grade 9 and grade 12.

Table 9. Percentage of high school students who used tobacco or other drugs on school property, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Cigarette use on school property[1]	31.8 (26.6-37.0)[2]	31.4 (25.8-37.1)	32.3 (27.1-37.6)	31.8 (26.5-37.2)	32.3 (26.8-37.9)	32.8 (26.7-38.9)	30.0 (23.1-36.8)
Smokeless tobacco use on school property[3]	15.0 (11.5-18.5)	11.0 (7.0-15.0)	19.1 (14.7-23.5)	14.4 (10.8-17.9)	16.3 (11.6-21.0)	14.9 (11.1-18.8)	14.6 (9.9-19.3)
Alcohol use on school property[4]	12.4 (9.2-15.6)	13.0 (9.5-16.5)	11.9 (8.5-15.2)	12.8 (9.2-16.3)	12.7 (9.2-16.1)	12.5 (8.8-16.2)	11.3 (6.8-15.8)
Marijuana use on school property[5]	25.1 (19.9-30.3)	23.3 (17.7-28.9)	26.9 (21.8-32.1)	27.9 (22.6-33.2)	25.0 (18.4-31.7)	22.9 (16.7-29.1)	23.0 (17.6-28.4)
Offered, sold, or given an illegal drug on school property[6]	29.0 (25.7-32.4)	28.3 (24.1-32.6)	29.8 (26.7-32.8)	28.4 (24.5-32.3)	28.5 (24.3-32.8)	29.4 (25.4-33.3)	29.8 (25.1-34.5)

[1] Smoked cigarettes on 1 or more of the 30 days preceding the survey.

[2] 95% confidence interval.

[3] Used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey.

[4] Drank alcohol on 1 or more of the 30 days preceding the survey.

[5] Used marijuana 1 or more times during the 30 days preceding the survey.

[6] During the 12 months preceding the survey.

Table 10. Percentage of high school students who engaged in sexual behaviors, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Ever had sexual intercourse[a, b, c, d, e]	58.7 (54.2-63.1)[1]	52.3 (47.3-57.3)	65.5 (60.6-70.4)	46.5 (41.7-51.3)	56.3 (51.0-61.6)	66.2 (61.4-70.9)	75.4 (71.7-79.0)
Four or more sex partners during lifetime[a, b, c, d, e]	23.9 (21.1-26.7)	15.4 (12.8-18.1)	33.0 (29.4-36.6)	16.8 (14.2-19.3)	22.9 (19.3-26.5)	25.9 (22.1-29.7)	35.8 (31.8-39.8)
Currently sexually active[2, a, b, c, d, e, f]	38.7 (35.7-41.8)	33.9 (29.9-37.9)	43.8 (40.4-47.3)	29.5 (26.8-32.2)	37.1 (32.9-41.4)	43.0 (38.7-47.2)	52.6 (48.2-57.0)

[1] 95% confidence interval.

[2] Sexual intercourse during the 3 months preceding the survey.

[a] Statistically significant difference between females and males.

[b] Statistically significant difference between students in grade 9 and grade 11.

[c] Statistically significant difference between students in grade 9 and grade 12.

[d] Statistically significant difference between students in grade 10 and grade 12.

[e] Statistically significant difference between students in grade 11 and grade 12.

[f] Statistically significant difference between students in grade 9 and grade 10.

Table 11. Percentage of high school students who used a condom during last sexual intercourse; used birth control pills before last sexual intercourse; used alcohol or drugs at last sexual intercourse; were ever pregnant or got someone pregnant; and were taught about acquired immunodeficiency syndrome (AIDS)/human immunodeficiency virus (HIV) in school, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Condom use during last sexual intercourse[1, a, b, c, d]	55.9 (53.4-58.4)[2]	45.0 (41.5-48.5)	64.8 (61.4-68.1)	63.5 (59.3-67.8)	58.3 (53.4-63.3)	54.1 (49.4-58.8)	47.8 (43.9-51.7)
Birth control pill use before last sexual intercourse[1]	8.3 (6.0-10.5)	10.7 (7.5-14.0)	6.3 (4.3-8.3)	5.9 (3.9-7.9)	10.2 (6.6-13.8)	7.1 (3.9-10.3)	10.3 (6.9-13.7)
Alcohol or drug use at last sexual intercourse[1, a, b, c, e, f]	38.7 (35.5-41.9)	33.4 (29.8-37.0)	43.0 (39.7-46.3)	50.8 (45.6-56.1)	34.6 (29.0-40.2)	39.6 (34.8-44.4)	30.2 (26.3-34.2)
Have ever been pregnant or gotten someone pregnant[b, c, d, g]	8.8 (7.8-9.9)	9.4 (8.1-10.8)	8.2 (6.9-9.5)	4.8 (3.8-5.8)	7.1 (5.3-8.8)	11.5 (9.5-13.5)	15.6 (13.3-17.9)
Ever taught about HIV/AIDS in school	78.0 (74.9-81.1)	80.0 (77.1-83.0)	76.0 (72.5-79.5)	76.9 (73.0-80.7)	77.7 (73.2-82.2)	79.4 (76.0-82.8)	79.9 (76.8-83.0)

[1] Among currently sexually active students.

[2] 95% confidence interval.

[a] Statistically significant difference between females and males.

[b] Statistically significant difference between students in grade 9 and grade 11.

[c] Statistically significant difference between students in grade 9 and grade 12.

[d] Statistically significant difference between students in grade 10 and grade 12.

[e] Statistically significant difference between students in grade 9 and grade 10.

[f] Statistically significant difference between students in grade 11 and grade 12.

[g] Statistically significant difference between students in grade 10 and grade 11.

Table 12. Percentage of high school students who initiated smoking, alcohol use, marijuana use, and sexual intercourse before age 13 years, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Smoked a whole cigarette before age 13 years	42.7 (40.2-45.1)[1]	42.7 (39.9-45.5)	42.7 (40.1-45.3)	50.6 (46.9-54.4)	42.4 (39.1-45.7)	38.4 (34.9-42.0)	33.6 (30.6-36.5)
Drank alcohol before age 13 years[2, a]	34.3 (32.5-36.1)	31.1 (29.2-33.1)	37.5 (35.2-39.7)	40.5 (37.0-44.0)	37.2 (34.7-39.7)	29.8 (27.5-32.2)	24.4 (20.7-28.2)
Tried marijuana before age 13 years[a]	34.0 (30.4-37.5)	29.0 (25.1-33.0)	38.9 (35.2-42.6)	40.7 (35.2-46.2)	35.6 (31.1-40.1)	29.3 (24.8-33.8)	24.7 (21.5-27.9)
First sexual intercourse before age 13 years[a, b]	11.0 (9.8-12.3)	5.6 (4.3-6.8)	16.8 (14.9-18.8)	13.4 (11.4-15.3)	10.9 (9.4-12.4)	9.6 (7.2-12.0)	8.5 (6.9-10.2)

[1] 95% confidence interval.

[2] Other than a few sips.

[a] Statistically significant difference between females and males.

[b] Statistically significant difference between students in grade 9 and grade 12.

Table 13. Percentage of high school students who were at risk for becoming overweight or were overweight; who thought of themselves as overweight; who were attempting weight loss; who had eaten 5 or more servings per day of fruits and vegetables; and who had drunk 3 or more glasses per day of milk, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
At risk for becoming overweight[1, a]	19.8 (18.3-21.3)[2]	22.6 (20.8-24.3)	17.0 (15.2-18.8)	17.9 (16.0-19.8)	21.0 (18.2-23.9)	19.5 (16.9-22.2)	22.0 (18.8-25.1)
Overweight[3, a]	18.1 (15.8-20.4)	14.1 (12.1-16.1)	22.2 (18.9-25.5)	18.2 (15.6-20.9)	19.3 (16.3-22.3)	18.5 (15.3-21.6)	16.5 (13.4-19.7)
Thought of themselves as overweight[a, b]	35.8 (33.1-38.5)	43.0 (39.9-46.2)	28.5 (25.6-31.4)	32.4 (29.6-35.1)	36.0 (32.4-39.7)	37.7 (33.9-41.5)	40.2 (36.0-44.4)
Were attempting weight loss[a]	49.5 (47.4-51.5)	61.1 (58.8-63.5)	37.7 (35.3-40.1)	48.4 (45.7-51.2)	49.8 (47.0-52.7)	51.6 (48.6-54.7)	48.1 (44.3-52.0)
Ate 5 or more servings of fruits and vegetables[4]	30.1 (27.5-32.7)	27.9 (24.6-31.2)	32.2 (29.7-34.7)	29.7 (26.5-33.0)	29.7 (25.8-33.6)	30.8 (27.2-34.4)	29.6 (25.8-33.3)
Drank 3 or more glasses of milk[5, a]	19.1 (17.0-21.2)	13.3 (11.7-15.0)	25.0 (21.9-28.0)	20.3 (17.7-23.0)	18.9 (15.7-22.1)	17.9 (15.3-20.6)	18.2 (15.4-21.1)

[1] Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

[2] 95% confidence interval.

[3] Students who were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

[4] Had eaten 5 or more servings per day of 100% fruit juice, fruit, green salad, potatoes (excluding french fries, fried potatoes, and potato chips), carrots, or other vegetables during the 7 days preceding the survey.

[5] Had drunk 3 or more glasses of milk per day during the 7 days preceding the survey.

[a] Statistically significant difference between females and males.

[b] Statistically significant difference between students in grade 9 and grade 12.

Table 14. Percentage of high school students who engaged in behaviors associated with weight control, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Exercised to lose weight or to avoid gaining weight[1, a]	63.8 (62.3-65.4)[2]	66.0 (64.0-68.0)	61.7 (59.5-64.0)	62.2 (59.9-64.5)	63.5 (60.6-66.4)	68.1 (65.2-70.9)	62.4 (59.5-65.3)
Ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight[1, b]	42.6 (41.2-44.0)	50.3 (47.9-52.6)	34.9 (32.7-37.1)	41.8 (39.6-44.0)	40.1 (38.1-42.2)	45.4 (41.8-49.0)	44.5 (41.8-47.2)
Fasted to lose weight or to avoid gaining weight[1,3, b, c]	21.9 (20.3-23.5)	26.4 (24.3-28.5)	17.2 (15.5-18.9)	24.2 (21.7-26.6)	18.5 (16.1-20.9)	23.3 (20.7-25.9)	20.5 (17.7-23.3)
Took diet pills, powders, or liquids to lose weight or to avoid gaining weight[1,4, b]	9.1 (7.9-10.3)	11.1 (9.5-12.8)	7.1 (5.6-8.6)	8.1 (6.1-10.0)	8.2 (6.4-10.0)	10.8 (8.8-12.8)	10.3 (7.5-13.1)
Took laxatives or vomited to lose weight or to avoid gaining weight[1, b]	6.7 (5.7-7.7)	9.3 (7.8-10.9)	4.0 (3.1-4.8)	6.7 (5.4-8.0)	6.7 (5.4-8.0)	7.0 (5.6-8.3)	6.2 (4.5-7.8)

[1] During the 30 days preceding the survey.

[2] 95% confidence interval.

[3] Gone without eating for 24 hours or more.

[4] Without a doctor's advice. Does not include meal replacement products such as Slim Fast.

[a] Statistically significant difference between students in grade 9 and grade 11.

[b] Statistically significant difference between females and males.

[c] Statistically significant difference between students in grade 9 and grade 10.

Table 15. Percentage of high school students who reported physical activity behaviors, by sex and grade – BIA, Youth Risk Behavior Survey, 2001

		Sex		Grade			
	Total	Female	Male	9	10	11	12
Participated in vigorous physical activity[1, a]	62.1 (59.7-64.4)[2]	55.2 (52.3-58.0)	69.2 (66.0-72.4)	62.7 (59.5-65.9)	62.0 (57.9-66.0)	64.5 (61.0-68.0)	58.6 (55.1-62.2)
Participated in moderate physical activity[3, a]	23.0 (21.4-24.5)	20.7 (18.7-22.7)	25.1 (23.2-26.9)	22.2 (20.1-24.2)	21.5 (18.8-24.3)	25.4 (23.0-27.7)	23.7 (20.7-26.7)
Participated in strengthening exercises[4, a, b]	55.4 (53.0-57.7)	45.2 (42.0-48.5)	65.7 (63.7-67.8)	58.4 (54.5-62.3)	54.4 (51.0-57.9)	56.3 (53.0-59.6)	49.5 (45.8-53.2)
Watched television 3 hours or more[5]	39.4 (35.2-43.5)	38.7 (34.3-43.2)	40.0 (35.5-44.6)	39.1 (34.7-43.6)	38.9 (34.5-43.3)	39.2 (33.6-44.8)	40.5 (35.6-45.5)
Enrolled in physical education (PE) class[a, b, c, d, e]	50.1 (45.7-54.5)	44.0 (39.0-49.0)	56.1 (51.2-61.0)	66.0 (58.8-73.3)	48.6 (41.4-55.9)	39.8 (35.0-44.6)	33.1 (28.1-38.2)
Attended PE class daily[b, d]	34.5 (29.7-39.3)	30.8 (25.5-36.2)	38.2 (33.1-43.4)	47.3 (38.8-55.8)	33.7 (25.6-41.7)	26.4 (21.9-30.8)	21.2 (16.5-25.9)
Exercised more than 20 minutes during an average PE class[4, a]	81.8 (79.3-84.4)	78.3 (75.3-81.2)	85.0 (82.4-87.6)	79.8 (75.8-83.7)	84.0 (81.4-86.5)	82.6 (79.0-86.2)	83.5 (80.5-86.6)
Played on a sports team[7, a]	61.5 (59.1-63.9)	58.0 (55.0-61.0)	64.9 (61.9-67.9)	62.7 (59.1-66.4)	62.0 (59.3-64.7)	62.1 (58.4-65.8)	58.1 (54.3-61.9)

[1] Activities that caused sweating and hard breathing for at least 20 minutes on 3 or more of the 7 days preceding the survey.

[2] 95% confidence interval.

[3] Activities that did not cause sweating or hard breathing for at least 30 minutes on 5 or more of the 7 days preceding the survey.

[4] For example, push-ups, sit-ups, or weightlifting on 3 or more of the 7 days preceding the survey.

[5] During an average school day.

[6] Among students enrolled in PE class.

[7] During the 12 months preceding the survey, includes any teams run by the school or a community group.

[a] Statistically significant difference between females and males.

[b] Statistically significant difference between students in grade 9 and grade 12.

[c] Statistically significant difference between students in grade 9 and grade 10.

[d] Statistically significant difference between students in grade 9 and grade 11.

[e] Statistically significant difference between students in grade 10 and grade 12.

Table 16. Percentage of high school students who engaged in unintentional injury risk behaviors, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Rarely or never wore seat belts[1, *, +]	40.6 (36.0-45.2)[2]	37.2 (31.5-42.8)	27.3 (23.5-31.2)
Rarely or never wore motorcycle helmets[3]	72.6 (68.9-76.3)	72.2 (67.8-76.6)	67.7 (63.1-72.3)
Rarely or never wore bicycle helmets[4, *]	95.1 (93.9-96.3)	94.3 (93.4-95.3)	92.3 (91.0-93.6)
Rode with a driver who had been drinking alcohol[5, *]	49.7 (46.5-52.9)	47.7 (44.7-50.7)	42.5 (39.6-45.5)
Drove after drinking alcohol[5]	19.8 (17.5-22.1)	21.0 (18.6-23.3)	19.8 (17.7-21.9)

[1] When riding in a car driven by someone else.

[2] 95% confidence interval.

[3] Among students who rode motorcycles during the 12 months preceding the survey.

[4] Among students who rode bicycles during the 12 months preceding the survey.

[5] One or more times during the 30 days preceding the survey.

* Statistically significant difference between 1994 and 2001.

+ Statistically significant difference between 1997 and 2001.

Table 17. Percentage of high school students who engaged in violence-related risk behaviors, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Carried a weapon[1, *, +]	26.3 (23.8-28.8)[2]	25.4 (23.1-27.7)	19.9 (17.5-22.2)
Carried a gun[3, *, +]	13.1 (11.7-14.5)	13.5 (11.9-15.1)	8.4 (7.3-9.5)
In a physical fight[4, *]	50.5 (48.1-52.9)	44.2 (42.1-46.2)	44.3 (42.3-46.4)
Injured in a physical fight[5]	8.7 (7.5-9.9)	8.3 (7.2-9.4)	8.6 (7.7-9.5)
Physically hurt by a boyfriend or girlfriend on purpose[6]	NA	NA	9.6 (8.5-10.6)
Ever physically forced to have sexual intercourse	NA	NA	9.2 (8.1-10.3)

[1] Such as a gun, knife, or club on 1 or more of the 30 days preceding the survey.

[2] 95% confidence interval.

[3] On 1 or more of the 30 days preceding the survey.

[4] One or more times during the 12 months preceding the survey.

[5] Seriously enough to be treated by a doctor or nurse 1 or more times during the 12 months preceding the survey.

[6] Ever hit, slapped, or physically hurt by a boyfriend or girlfriend during the 12 months preceding the survey.

* Statistically significant difference between 1994 and 2001.

+ Statistically significant difference between 1997 and 2001.

Table 18. Percentage of high school students who felt sad or hopeless, who seriously considered attempting suicide, who made a suicide plan, and who attempted suicide, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Felt sad or hopeless[1, 2]	NA	NA	31.9 (30.0-33.9)
Seriously considered attempting suicide[2, *]	28.6 (26.3-30.9)[3]	22.0 (20.2-23.8)	19.2 (17.8-20.6)
Made a suicide plan[2, *]	22.6 (20.3-24.9)	18.0 (16.5-19.6)	16.4 (15.0-17.8)
Attempted suicide[2, 4]	19.6 (17.6-21.6)	14.7 (13.4-16.0)	16.0 (14.2-17.8)
Suicide attempt required medical attention[2]	6.1 (5.1-7.1)	6.0 (5.2-6.7)	6.0 (5.2-6.8)

[1] Almost every day for 2 or more weeks in a row.

[2] During the 12 months preceding the survey.

[3] 95% confidence interval.

[4] One or more times.

[*] Statistically significant difference between 1994 and 2001.

Table 19. Percentage of high school students who engaged in violence and in behaviors resulting from violence on school property, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Felt too unsafe to go to school[1]	11.1 (9.2-13.0)[2]	10.7 (9.3-12.1)	12.8 (10.6-15.1)
Carried a weapon on school property[1,3,*,+]	14.4 (12.6-16.2)	13.1 (11.5-14.6)	8.1 (6.9-9.4)
Threatened or injured with a weapon on school property[4]	10.3 (9.0-11.6)	9.7 (8.5-10.9)	10.1 (9.0-11.3)
Engaged in a physical fight on school property[4]	24.1 (21.4-26.8)	20.9 (19.0-22.8)	20.4 (18.5-22.4)

[1] On 1 or more of the 30 days preceding the survey.

[2] 95% confidence interval.

[3] Such as a gun, knife, or club.

[4] One or more times during the 12 months preceding the survey.

* Statistically significant difference between 1994 and 2001.

+ Statistically significant difference between 1997 and 2001.

Table 20. Percentage of high school students who used tobacco, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Lifetime cigarette use[1, +]	90.4 (88.4-92.4)[2]	92.6 (91.3-93.8)	87.7 (85.9-89.4)
Lifetime daily cigarette use[3]	NA	NA	34.0 (31.3-36.8)
Current cigarette use[4, *, +]	64.4 (61.1-64.4)	64.2 (60.7-67.7)	56.5 (52.9-60.1)
Current frequent cigarette use[5, *]	31.2 (28.9-33.5)	30.5 (26.5-34.6)	24.4 (21.7-27.2)
Smoked more than 10 cigarettes per day[6, +]	NA	6.7 (5.4-8.1)	2.8 (2.4-3.3)
Tried to quit smoking cigarettes[7]	NA	NA	67.4 (65.0-69.7)

[1] Ever tried cigarette smoking, even one or two puffs.
[2] 95% confidence interval.
[3] Ever smoked 1 or more cigarettes every day for 30 days.
[4] Smoked cigarettes on 1 or more of the 30 days preceding the survey.
[5] Smoked cigarettes on 20 or more of the 30 days preceding the survey.
[6] Smoked more than 10 cigarettes per day on the days smoked during the 30 days preceding the survey.
[7] Among current smokers, tried to quit smoking during the 12 months preceding the survey.

* Statistically significant difference between 1994 and 2001.
+ Statistically significant difference between 1997 and 2001.

Table 21. Percentage of high school students who engaged in other tobacco-related risk behaviors, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Current smokeless tobacco use[1, *]	31.5 (28.0-35.0)[2]	23.0 (19.5-26.4)	20.2 (16.2-24.2)
Current cigar use[3]	NA	NA	18.9 (16.7-21.2)
Current tobacco use[4]	NA	NA	61.3 (57.3-65.3)
Usually purchased their own cigarettes at a store or gas station[5, +]	NA	18.3 (13.8-22.8)	10.8 (8.5-13.2)
Were not asked to show proof of age when purchasing cigarettes[6]	NA	NA	67.6 (57.7-77.5)

[1] Used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey.

[2] 95% confidence interval.

[3] Smoked cigars, cigarillos, or little cigars on 1 or more of the 30 days preceding the survey.

[4] Smoked cigarettes or cigars or used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey.

[5] Among current smokers under age 18 years, during the 30 days preceding the survey.

[6] Among current smokers under age 18 years, who usually obtained their own cigarettes by purchasing them at a store or gas station during the 30 days preceding the survey.

* Statistically significant difference between 1994 and 2001.

+ Statistically significant difference between 1997 and 2001.

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Table 22. Percentage of high school students who used alcohol or marijuana, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Lifetime alcohol use[1]	85.0 (83.3-86.7)[2]	84.9 (82.9-86.8)	80.7 (77.9-83.5)
Current alcohol use[3]	52.7 (49.6-55.8)	53.5 (50.8-56.1)	48.8 (46.1-51.6)
Episodic heavy drinking[4]	42.5 (39.4-45.6)	42.6 (40.0-45.2)	38.4 (35.9-41.0)
Lifetime marijuana use[5,*]	68.0 (63.7-72.3)	78.3 (74.1-82.4)	77.0 (72.5-81.6)
Current marijuana use[6]	44.0 (39.8-48.2)	52.3 (48.0-56.6)	49.7 (45.7-53.7)

[1] Ever had 1 or more drinks of alcohol.

[2] 95% confidence interval.

[3] Drank alcohol on 1 or more of the 30 days preceding the survey.

[4] Drank 5 or more drinks of alcohol on 1 or more occasions on 1 or more of the 30 days preceding the survey.

[5] Ever used marijuana.

[6] Used marijuana 1 or more times during the 30 days preceding the survey.

[*] Statistically significant difference between 1994 and 2001.

Table 23. Percentage of high school students who used other drugs, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Lifetime cocaine use[1,*]	15.0 (12.6-17.4)[2]	22.2 (18.9-25.5)	21.3 (18.3-24.4)
Current cocaine use[3]	5.9 (4.7-7.1)	10.0 (8.5-11.5)	10.0 (8.2-11.8)
Lifetime inhalant use[4,*,+]	35.9 (31.6-40.2)	29.4 (25.8-33.0)	19.5 (17.4-21.6)
Current inhalant use[5]	NA	NA	5.0 (4.3-5.7)
Lifetime heroin use[6]	NA	NA	5.7 (4.9-6.5)
Lifetime methamphetamine use[7]	NA	NA	20.2 (17.3-23.2)
Lifetime illegal steroid use[8,*]	4.4 (3.7-5.1)	7.7 (6.6-8.7)	7.1 (6.4-7.8)
Lifetime injecting illegal drug use[9]	NA	NA	4.3 (3.4-5.1)

[1] Ever tried any form of cocaine, including powder, "crack," or "freebase."

[2] 95% confidence interval.

[3] Used cocaine 1 or more times during the 30 days preceding the survey.

[4] Ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to become intoxicated.

[5] Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to become intoxicated 1 or more times during the 30 days preceding the survey.

[6] Ever used heroin (also called "smack," "junk," or "China White").

[7] Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice").

[8] Ever used illegal steroids.

[9] Ever injected illegal drugs. Students were classified as injecting drug-users if they reported injecting drug-use not prescribed by a physician and reported using cocaine, heroin, methamphetamines, or steroids without a doctor's prescription.

* Statistically significant difference between 1994 and 2001.

+ Statistically significant difference between 1997 and 2001.

Table 24. Percentage of high school students who used tobacco or other drugs on school property, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Cigarette use on school property[1, *]	43.6 (40.1-47.1)[2]	41.7 (36.0-47.4)	31.8 (26.6-37.0)
Smokeless tobacco use on school property[3, *]	24.4 (21.5-27.3)	16.7 (13.9-19.4)	15.0 (11.5-18.5)
Alcohol use on school property[4]	16.4 (13.1-19.7)	16.0 (11.8-20.2)	12.4 (9.2-15.6)
Marijuana use on school property[5]	25.9 (22.3-29.5)	29.9 (24.7-35.0)	25.1 (19.9-30.3)
Offered, sold, or given an illegal drug on school property[6]	29.7 (26.2-33.2)	34.9 (31.1-38.7)	29.0 (25.7-32.4)

[1] Smoked cigarettes on 1 or more of the 30 days preceding the survey.

[2] 95% confidence interval.

[3] Used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey.

[4] Drank alcohol on 1 or more of the 30 days preceding the survey.

[5] Used marijuana 1 or more times during the 30 days preceding the survey.

[6] During the 12 months preceding the survey.

* Statistically significant difference between 1994 and 2001.

Table 25. Percentage of high school students who engaged in sexual behaviors, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Ever had sexual intercourse*	66.7 (64.1-69.3)[1]	63.3 (60.4-66.3)	58.7 (54.2-63.1)
Four or more sex partners during lifetime	28.9 (25.9-31.9)	24.6 (22.2-27.0)	23.9 (21.1-26.7)
Currently sexually active[2]	43.1 (39.9-46.3)	40.4 (37.6-43.1)	38.7 (35.7-41.8)

[1] 95% confidence interval.

[2] Sexual intercourse during the 3 months preceding the survey.

* Statistically significant difference between 1994 and 2001.

Table 26. Percentage of high school students who used a condom during last sexual intercourse; used birth control pills before last sexual intercourse; used alcohol or drugs at last sexual intercourse; were ever pregnant or got someone pregnant; and were taught about acquired immunodeficiency syndrome (AIDS)/human immunodeficiency virus (HIV) in school, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Condom use during last sexual intercourse[1,*]	47.4 (43.9-50.9)[2]	51.6 (49.4-53.7)	55.9 (53.4-58.4)
Birth control pill use before last sexual intercourse[1]	NA	9.9 (6.7-13.0)	8.3 (6.0-10.5)
Alcohol or drug use at last sexual intercourse[1]	36.3 (31.5-41.1)	37.9 (34.6-41.1)	38.7 (35.5-41.9)
Have ever been pregnant or gotten someone pregnant[*]	12.4 (11.0-13.8)	11.2 (9.9-12.5)	8.8 (7.8-9.9)
Ever taught about HIV/AIDS in school[+]	82.4 (80.2-84.6)	84.8 (83.0-86.6)	78.0 (74.9-81.1)

[1] Among currently sexually active students.

[2] 95% confidence interval.

[*] Statistically significant difference between 1994 and 2001.

[+] Statistically significant difference between 1997 and 2001.

Table 27. Percentage of high school students who initiated smoking, alcohol use, marijuana use, and sexual intercourse before age 13 years, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Smoked a whole cigarette before age 13 years	50.0 (NA)[1]	42.2 (39.5-44.9)	42.7 (40.2-45.1)
Drank alcohol before age 13 years[2]	58.2 (NA)	38.5 (35.7-41.2)	34.3 (32.5-36.1)
Tried marijuana before age 13 years	40.0 (NA)	30.1 (26.1-34.1)	34.0 (30.4-37.5)
First sexual intercourse before age 13 years	28.8 (NA)	12.9 (11.6-14.2)	11.0 (9.8-12.3)

[1] 95% confidence interval.

[2] Other than a few sips.

Table 28. Percentage of high school students who were at risk for becoming overweight or were overweight; who thought of themselves as overweight; who were attempting weight loss; who had eaten 5 or more servings per day of fruits and vegetables; and who had drunk 3 or more glasses per day of milk, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
At risk for becoming overweight[1]	NA	NA	19.8 (18.3-21.3)
Overweight[2]	NA	NA	18.1 (15.8-20.4)
Thought of themselves as overweight*	41.2 (38.6-43.8)[3]	35.2 (33.3-37.1)	35.8 (33.1-38.5)
Were attempting weight loss	NA	47.8 (46.1-49.5)	49.5 (47.4-51.5)
Ate 5 or more servings of fruits and vegetables[4]	NA	NA	30.1 (27.5-32.7)
Drank 3 or more glasses of milk[5]	NA	NA	19.1 (17.0-21.2)

[1] Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

[2] Students who were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

[3] 95% confidence interval.

[4] Had eaten 5 or more servings per day of 100% fruit juice, fruit, green salad, potatoes (excluding french fries, fried potatoes, and potato chips), carrots, or other vegetables during the 7 days preceding the survey.

[5] Had drunk 3 or more glasses of milk per day during the 7 days preceding the survey.

* Statistically significant difference between 1994 and 2001.

Table 29. Percentage of high school students who engaged in behaviors associated with weight control, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Exercised to lose weight or to avoid gaining weight[1, +]	NA	57.2 (55.4-59.1)[2]	63.8 (62.3-65.4)
Ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight[1]	NA	NA	42.6 (41.2-44.0)
Fasted to lose weight or to avoid gaining weight[1, 3]	NA	NA	21.9 (20.3-23.5)
Took diet pills, powders, or liquids to lose weight or to avoid gaining weight[1, 4]	NA	NA	9.1 (7.9-10.3)
Took laxatives or vomited to lose weight or to avoid gaining weight[1]	NA	8.2 (7.0-9.4)	6.7 (5.7-7.7)

[1] During the 30 days preceding the survey.

[2] 95% confidence interval.

[3] Gone without eating for 24 hours or more.

[4] Without a doctor's advice. Does not include meal replacement products such as Slim Fast.

[+] Statistically significant difference between 1997 and 2001.

Table 30. Percentage of high school students who reported physical activity behaviors, by sex and grade – BIA, Youth Risk Behavior Survey

	1994	1997	2001
Participated in vigorous physical activity[1, *]	62.0 (59.8-64.2)[2]	57.4 (55.3-59.6)	62.1 (59.7-64.4)
Participated in moderate physical activity[3]	NA	NA	23.0 (21.4-24.5)
Participated in strengthening exercises[4]	50.5 (49.0-52.0)	49.1 (47.1-51.0)	55.4 (53.0-57.7)
Watched television 3 hours or more[5]	NA	NA	39.4 (35.2-43.5)
Enrolled in physical education (PE) class	51.1 (45.7-56.5)	45.8 (41.6-50.0)	50.1 (45.7-54.5)
Attended PE class daily	32.1 (28.4-35.8)	33.4 (29.6-37.1)	34.5 (29.7-39.3)
Exercised more than 20 minutes during an average PE class[6, *]	NA	35.5 (32.6-38.3)	81.8 (79.3-84.4)
Played on a sports team[7]	NA	NA	61.5 (59.1-63.9)

[1] Activities that caused sweating and hard breathing for at least 20 minutes on 3 or more of the 7 days preceding the survey.
[2] 95% confidence interval.
[3] Activities that did not cause sweating or hard breathing for at least 30 minutes on 5 or more of the 7 days preceding the survey.
[4] For example, push-ups, sit-ups, or weightlifting on 3 or more of the 7 days preceding the survey.
[5] During an average school day.
[6] Among students enrolled in PE class.
[7] During the 12 months preceding the survey, includes any teams run by the school or a community group.

* Statistically significant difference between 1997 and 2001.

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The Assistant Secretary - Indian Affairs, Department of Interior has determined that the publication of this report is necessary in the transaction of the public business required by law of this Agency.